

You Are A Character!

Identifying Your Strengths and Weaknesses

Score 0 if not present, 1 low, 2 moderate, 3 high.

Emotions

I withdraw into myself when stressed, tired or worried although I may appear outgoing when I choose
I am usually calm
I am warm and friendly
I am extremely emotional
I may hold a grudge for a while

Fears

I like to receive recognition for things I do well
It is sometimes hard for me to make a final decision
Although I try not to, sometimes I feel jealous of another person
I blame myself for things, even when they are not my fault
I feel uncomfortable being singled out, or being in the limelight
I do not have enough confidence in myself
I can be easily hurt by criticism
I hold on to what I have, because I am not sure of my ability to gain more.
I can be quite timid at times
I may become very quiet or withdrawn in uncomfortable circumstances

Adaptability

I tend on the side of caution
Most people would say I am pretty conservative
I can be very decisive when necessary
I can be very diplomatic when necessary
I can follow a changing situation without too much trouble
I can show humour in difficult situations
I am an independent thinker – I go my own way, do my own thing regardless
I am intuitive
I am loyal to my beliefs
When threatened I will stick to the ideas and ideals with which I am already familiar
I can be objective on most occasions
I am a perfectionist
I persist wherever necessary
I can remain positive in difficult circumstances
I take pride in what I do
I can keep my peace when it seems best to do so
I exercise self control
I go with the flow, provided it fits my values

Thinking Style

I analyze things into the ground!
I am a very quick thinker
I am a careful, logical thinker
I like to find out the who, where, when, why, what and how about things.

Imagination

I am great at coming up with new ideas
I find it difficult to come up with lots of ideas

Goals & Achievement

I set myself high goals
I set realistic goals
I set easily attainable goals
I am good at getting started on things
I am moderately good at getting started
I tend to put off getting started
Once underway, I keep going
I may give up after a while if things are not going well
I give things a chance then move on to something else if it's not working out

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Fiona MacKay Young 2005 ©

Fiona MacKay Young BA, U.Dip(Coaching), CHA(Certified Handwriting Analyst) Coaching & Consulting

www.potentiality.biz fiona@potentiality.biz 1.250.516.6233

You are a Character! Wrap Up

What traits did you identify in the previous exercise that you would like to change?

What would help you operate better in your business? or personal life?

Every one of the traits listed above that you'd rather not have being part of you, can be changed by changing your writing.

Yes, Really.

That is what
“Transformational Coaching through Handwriting Analysis”
is all about

By working on one trait at a time, you **CAN** change and
Become the Person You Want to Be – Do What You Want to Do!

If you're not sure how this can be, we invite you to discuss it with us – we are very willing to share what we do with you.

If you would like to find out more about the process,
contact fiona@potentiality.biz or call 1.250.516.6233

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